

# Exploratory Research Examines AI-Mediated Mobile Engagement Attentional States Relevant to Addiction Recovery Support

*Study investigates whether AI-timed mobile messages can support engagement and behavioral reinforcement in abstinence recovery.*

ATLANTA, GA, UNITED STATES,  
December 13, 2025 /  
EINPresswire.com/ -- Emerging  
Neuroscience Links Post-Notification  
Cognitive Openness to Improved  
Abstinence Recovery Outcomes

Cumming, GA — New research initiatives led through [the Orbiit Recovery Platform](#), in partnership with HopeLinc.org and Choice Recovery Sober Living, are examining how artificial intelligence ([AI](#)), delivered through everyday mobile phone interactions, may positively influence the subconscious mind during brief but neurologically significant moments of cognitive openness—particularly for individuals seeking abstinence-based sobriety.



Substance Use Disorder Foundation

This work focuses on a well-documented phenomenon in cognitive neuroscience: the seconds immediately following receipt of a text message or mobile notification. During this brief interval, the brain momentarily disengages from ongoing internal thought processes to orient attention toward the incoming stimulus, creating a short window of heightened receptivity.

## The Neuroscience of Post-Notification Openness

Research in attention, memory formation, and emotional processing indicates that when a notification is received:

The Default Mode Network (DMN) temporarily quiets, reducing internal rumination<sup>1</sup>

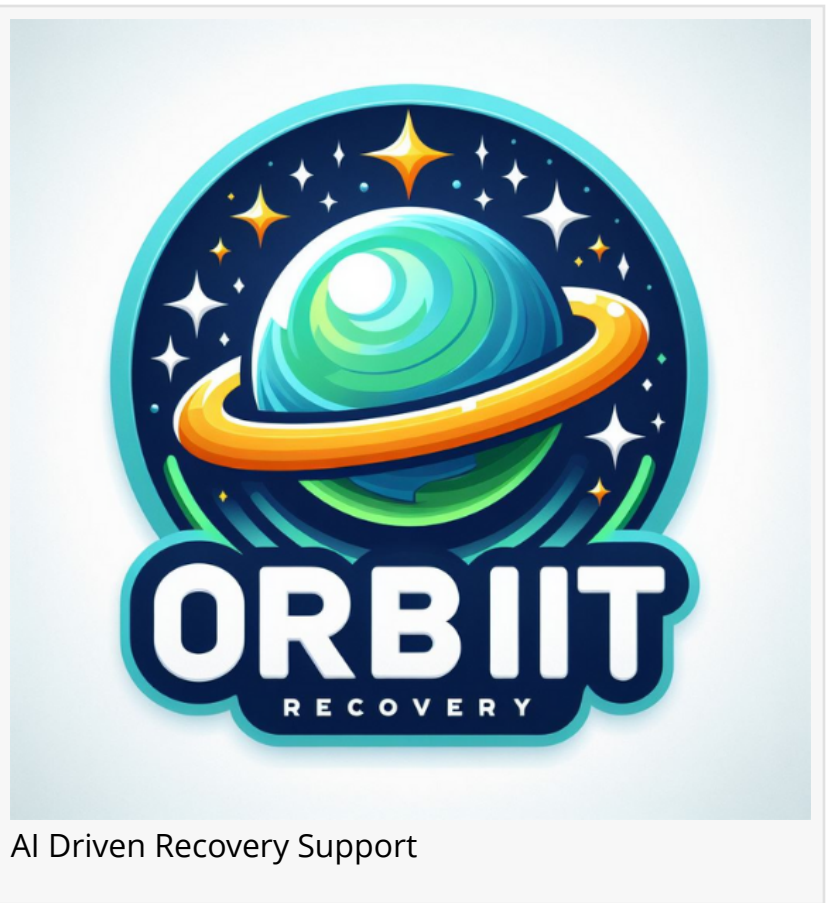
Attentional systems reorient toward external input<sup>2</sup>

Emotional appraisal occurs before conscious filtering<sup>3</sup>

Memory-encoding pathways are activated to assess relevance<sup>4</sup>

These processes occur within seconds and create a naturally occurring state of cognitive and emotional openness—a moment when information may bypass habitual resistance and be encoded more efficiently. In some cases, repeated exposure during these moments contributes to long-term memory consolidation<sup>5</sup>.

AI Driven Recovery Support



“

Addiction trained the subconscious through repetition,” Francis noted. “Recovery deserves the same opportunity—only this time, in a healthy direction.”

*Daniel Francis, CEO Orbiit Services Inc.*

“These are not altered states or hypnosis,” said Daniel Francis, CEO of Orbiit Services Inc. “They are normal neurological transitions that happen dozens of times a day. The question is whether those moments are filled with noise—or with something stabilizing and life-affirming.”

#### AI-Guided Engagement and the Subconscious Mind

AI systems within the Orbiit Recovery Platform analyze timing, frequency, and engagement patterns to deliver recovery-supportive content during periods of increased receptivity. Depending on context, this content may

engage:

Cognitive pathways (reflection, insight, decision-making)

Emotional pathways (reassurance, meaning, motivation)

Subconscious learning mechanisms, where repetition shapes implicit memory and behavioral

response<sup>6</sup>

Over time, these brief but frequent interactions may form durable recovery-oriented associations—supporting abstinence sobriety without relying solely on conscious willpower.

#### Application in Addiction Recovery

Addiction is widely recognized as operating largely at the subconscious and habit-learning level, reinforced by emotional memory and automatic behavioral loops<sup>7</sup>. Traditional recovery models often rely on episodic check-ins, self-reporting, or infrequent therapeutic contact.

By contrast, AI-enabled mobile engagement allows recovery support to occur:

In real-world environments

Between appointments and meetings

During moments of vulnerability or decision-making

With minimal friction and high consistency

This aligns with evidence that behavior change is more durable when reinforced through frequent, emotionally relevant micro-interventions, rather than isolated high-effort events<sup>8</sup>.

Faith-Based and Residential Partnerships



#### HopeLinc Recovery Ecosystem



Daniel Francis, CEO Orbiit Services Inc



This research and applied deployment are conducted in collaboration with HopeLinc.org, a Christian-based recovery organization, and Choice Recovery Sober Living, a residential recovery provider committed to abstinence-based sobriety and structured accountability.

Participants supported through these partnerships may also request Biblically based materials—including scripture, devotionals, and faith-aligned encouragement—delivered through the same AI-guided engagement framework. This allows spiritual support to be integrated organically, without coercion, and only when desired.



Intelligent is an important part of recovery today

### Ethical Framework and Human-Centered Design

The Orbiit Recovery Platform emphasizes transparency, consent, and ethical AI design. The technology is intended to support autonomy, not override it, and to enhance—not replace—human care, peer support, clinical oversight, and faith-based guidance.

“Addiction trained the subconscious through repetition,” Francis noted. “Recovery deserves the same opportunity—only this time, in a healthy direction.”

### About HopeLinc

HopeLinc.org is a Christian-based recovery organization dedicated to expanding access to long-term, abstinence-focused addiction recovery. By integrating intelligent technology, faith-based resources, and structured accountability, HopeLinc supports individuals well beyond initial treatment entry.

### About Choice Recovery Sober Living

Choice Recovery Sober Living provides structured, abstinence-based recovery housing focused on accountability, stability, and long-term behavioral change. The organization partners with technology and community resources to support sustained sobriety.

### About Orbiit Services Inc.

Orbiit Services Inc. develops neuroscience-informed, AI-guided recovery technology designed to support abstinence-based sobriety through continuous, real-world engagement and personalized support.

## References

Raichle, M. E. et al. (2001). A default mode of brain function. *Proceedings of the National Academy of Sciences*.

Corbetta, M., & Shulman, G. L. (2002). Control of goal-directed and stimulus-driven attention. *Nature Reviews Neuroscience*.

LeDoux, J. (1996). *The Emotional Brain*. Simon & Schuster.

Squire, L. R., & Kandel, E. R. (2009). *Memory: From Mind to Molecules*. Roberts & Company.

McGaugh, J. L. (2000). Memory—A century of consolidation. *Science*.

Bargh, J. A., & Chartrand, T. L. (1999). The unbearable automaticity of being. *American Psychologist*.

Volkow, N. D., Koob, G. F., & McLellan, A. T. (2016). Neurobiologic advances from the brain disease model of addiction. *New England Journal of Medicine*.

Lally, P. et al. (2010). How are habits formed: Modelling habit formation in the real world. *European Journal of Social Psychology*.

Daniel Francis  
Substance Use Disorder Foundation  
+1 706-531-6286

[email us here](#)

Visit us on social media:

[LinkedIn](#)

[Other](#)

---

This press release can be viewed online at: <https://www.einpresswire.com/article/875139742>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2025 Newsmatics Inc. All Right Reserved.